



Web site: www.linedancermagazine.com

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Laid Back

32 count, 4 wall, Beginner/Intermediate level

Choreographer : Helen O'Neill (Ireland)

Dec 2001

Choreographed to : Lay Back In The Arms of
Someone by Smokie, Greatest Hits CD

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- 1-2 Tap Right Toe to Front & Back (while tapping toe to back look over Right Shoulder)
3&4 Shuffle forward Right, Left Right
5-6 Tap Left Toe to Front & Back (while tapping toe to back look over Left Shoulder)
7&8 Shuffle forward Left, Right Left.
- 9-10 Step Forward on Right Foot, Pivot 1/2 Turn over Left Shoulder
11&12 Shuffle forward Right, Left Right
13-14 Step Forward on Left Foot, Pivot 1/2 Turn over Right Shoulder
15&16 Shuffle forward Left, Right Left
- 17-18 Rock out to Right Side, Recover weight on Left
19&20 Step Right across Left, Step Left to Side, Cross Step Right over Left
21-22 Rock out to Left Side, Recover weight on Right
23&24 Step Left behind Right, Step Right to Side, Cross Left over Right while doing a 1/4
turn over Right Shoulder on last step
- 25-26 Step Right to Right Side, Step Left behind Right
27&28 Side Close Side to Right
29-30 Cross Rock Left over Right, Recover weight on Right Foot
31&32 Side close Side to Left.